**Sunny Sprouts**

Welcome to Sunny Sprouts! Our belief is that kids learn by doing and our hope is that by growing the plants from seeds provided in the kit, kids will experience the natural growth and development of plants, fostering an understanding of the natural world and how farmers grow our food. Experiencing this natural process nurtures in our young growers valuable life skills such as patience and persistence.

Sunny Sprouts intends to provide a variety of all-you-need grow kits, with seeds, pots, and soil to get growing. With some adult or older sibling guidance, kids can fill the pots with soil, sow seeds, add water, place in a sunny spot, and see the results naturally progress.

Over the course for 2 – 3 weeks, if all goes well with proper watering and good sunny conditions, sprouts should begin to emerge and grow into mature plants. When ready, the edible plants may be added to food dishes, desserts, and more. Remember to provide kid supervision and lend a helping hand when needed.

**What’s in this grow kit:**

Two 4 inch pots.

Garden soil, enough to fill the pots.

Mild Greens seeds, good for garnishing, salads, fresh eating.

Lemon Balm seeds, minty and sweet, goes good in salads or desserts like ice cream.

**Instructions:**

* Place soil into the pots, up to about ¼ from the top rim of the pot.
* Make three ¼ inch deep, evenly spaced holes with your finger in the soil.
* Add about 2 seeds per hole. You may optionally spray the seeds with water.
* Fill in the holes by gently packing down the soil.
* Add water to the pot to moisten the soil.
* Place the pot in a sunny location that ideally gets at least 6 hours of sun per day.
* Now be patient and wait for the seeds to sprout and grow into plants to harvest.
* Monitor the amount of water in the pots. When soil is getting dry, add water.

Subscribe to the Sunny Sprouts YouTube Channel, watch videos and learn more about gardening and how plants grow.